



# Get the upper hand.

## HAND WASHING

Simply washing your hands thoroughly with soap and warm water is an effective way to help keep you and everyone around you healthy.

### > Be hands-on about being healthy.

Follow these guidelines for hand washing from the Centers for Disease Control and Prevention:

1. Use clean running water and soap. When possible, adults should use hot water and children should use warm water.
2. Wash your hands for at least 20 seconds.
3. Don't just wash your palms. Make sure to scrub between your fingers, and don't forget the backs of your hands, your wrists, and under your fingernails.
4. Dry your hands thoroughly with either a paper towel or an air dryer.
5. Keep your hands clean by turning off the faucet with a paper towel if one is available.

Carrying a gel hand sanitizer is useful for times when no soap or water is available. Make sure to rub the gel all over your hands and keep rubbing them until they are dry.

### > Help keep colds and flu from spreading.

Wash your hands:

- After blowing your nose.
- After coughing or sneezing.
- Regularly during cold and flu season.

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## HAND WASHING

### > Help prevent food poisoning.

Wash your hands:

- Before and after you cook or serve food.
- Before and after handling raw meat, poultry, fish, shellfish, or eggs.
- After touching used kitchen equipment or utensils.
- Before and after eating and drinking.
- After handling garbage.

### > Help keep other germs in their place—and out of your life.

Wash your hands:

- After playing with your hair, or touching or scratching any part of your body.
- After using the bathroom.
- After changing a child's diapers.
- After using tobacco (for example, after smoking).
- After handling money, pushing a shopping cart, shaking hands, petting or playing with animals, or using phones.

### > To learn more

For more information and helpful tips about hand washing and safe food handling, visit [kp.org/handwashing](http://kp.org/handwashing).

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